

We are the Department of Community and Recreation Services ... And We're Serious About FUN.

Our purpose is to connect people and communities through programs, community outreach and special initiatives that address our communities' needs. In developing our programs, we rely on participation from people in the community. Our community councils provide program input and guidance for the centers and help out when we hold special events. CRS programs offer something for everyone. Following are just a few of our programs, activities and services:

- Intergenerational Dances
- The Fairfax Partnership for Youth
- Character Counts! and Champions of Character
- 4-H Youth Services
- Virginia Cooperative Extension
- Summer Youth Food Program
- RecQuest Summer Drop-in Programs for School-aged Kids
- Computer Clubhouses
- Senior +
- Red Hat and Tie Guy Societies
- Therapeutic Recreation
- Athletic Services
- Culmore Soccer Camp
- Teen Dances
- Games and Crafts
- Community Service Opportunities
- Volunteer Opportunities

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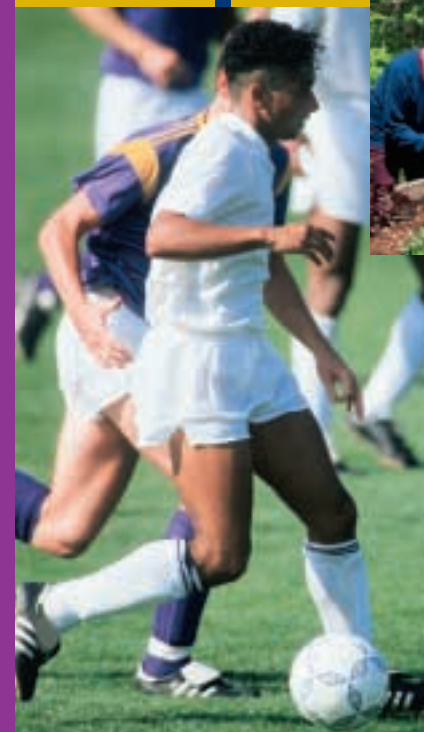
Visit Us Online at
www.fairfaxcounty.gov/rec



CRS is committed to a policy of nondiscrimination in all county programs, services and activities and will provide reasonable accommodations upon request. To request accommodations, call 703-324-4386, TTY 703-222-9693. In order to make the necessary arrangements, please allow a minimum of 10 working days in advance of the event.

Fairfax County
Department of
COMMUNITY
and Recreation Services

Taking Fun Seriously



Fairfax County is an affluent, diverse mixture of many communities. Residents and county employees alike face the challenge of finding balance in a world where our points of reference are constantly changing and where external forces affect our options.

Fastran: A Specialized Transportation Service



Fastran buses are seen all around Fairfax County during the week. These blue and white buses offer lift-equipped, door-to-door service for people whose disability or special need prevents them from using Connector or Metro buses to get to county-sponsored programs and services. Fastran provides safe, convenient, cost-effective and dependable transportation for those who qualify for services. All Fastran riders must be certified by a sponsoring Human Services agency. For more information and to find out if you are eligible for Fastran services, call Fastran Customer Service at 703-222-9764, TTY 324-7079.

Community Centers Offer Something for Everyone!

If you haven't visited your local community center, you're missing out on a lot of fun. Our centers offer programs that support our five service areas:

- Health and Wellness
- Youth Development
- Adult Life-long Learning
- Community Connections
- Access to Programs and Services

Visit a center and you will see parents dropping off children for classes, adults of all ages on their way to an exercise class; children and teens getting help with their homework; or seniors on their way to a support group, a shopping trip, or a computer class.

During school vacation days, we offer RecQuest, a drop-in, structured recreation program for kids in grades 1-6. Some centers host computer clubhouses where young people work with mentors to learn how to utilize new computer technology. Our community centers are bustling with people of all ages and the activities that make their lives more complete. We operate seven community centers throughout the county. Centers offer rooms for meetings, classes, socials and weddings. For a list of centers, call 703-324-5555, TTY 703-222-9693.



Computer Clubhouses

At CRS Computer Clubhouses, surfing is just one of the enjoyable things you can do. The clubhouses are open to youth from ages 8 to 18 with some special activities for youngsters less than 8. Programs vary at each location. Clubhouse membership and all services are free. Our clubhouses offer a creative and safe after-school learning environment where young people work with adult mentors to explore their ideas, develop marketable skills, and build confidence in themselves through technology. Clubhouses are located in Falls Church at the Bailey's and James Lee Community Centers and the Willston Multicultural Center, and in Alexandria at the Gum Springs Community Center. Clubhouses will open soon in Fairfax at the Mott Community Center and in Reston at the Reston Teen Center. For more information, contact 703-324-5555, TTY 703-222-9693.



FUN 4 People with Disabilities

Our therapeutic programs fuse recreation and education into a whole new experience for people with disabilities. Why not improve your health, independence and sense of well-being by having fun? Therapeutic Recreation Services Division offers over 35 programs for people with disabilities, aged 3 or older. We promote independence; recognize individual uniqueness and value improvements in everyone’s quality of life. Give us a call so you, too, can:

- Learn new ways to have fun
- Make new friends and have fun with old ones
- Get our help in setting up accommodations for participating in community activities and joining in community outings
- Participate in general sports, wheelchair sports, beep ball, bowling, dances, camps, classes, and more.

RecQuest, our school-aged summer recreation program, can accommodate children with disabilities or we operate sites for children with disabilities who do not wish to be in a mainstream program. These programs are provided at a variety of sites around the county. If you are interested in requesting these services, please contact us at 703-324-5532, TTY 703-222-9693.



Athletic Services: Reserving Gymnasiums & Athletic Fields

Thousands of youth and adults participate in team sports annually, placing Fairfax County’s fields and gymnasiums in great demand. Our Athletic Services Division is responsible for scheduling Fairfax County’s public gymnasiums and the Park Authority and Schools’ athletic fields for sports organizations and community use. These facilities are available for community use between the hours of 4:30 p.m. to close, Monday through Friday and 8 a.m. to close on weekends.

If you are interested in playing team sports in the county, want a referral to a team or league in your community or want information on field application deadlines, please contact the Athletic Services Division. We provide Youth Scholarships for registration fees or equipment vouchers to families who have limited incomes.

For general information, or to find out if you met the eligibility requirements, please call 703-324-5522, TTY 703-222-9693.



Teen Scene

CRS’ Teen Centers provide teens with a positive environment that encourages social, recreational and educational growth. We offer a safe place for socializing and resources for study, sports, and other productive activities. We believe that given an alternative to risky behavior, most kids will make the right decision.

Here are a few of the many things we offer:

- Clubs & Community Involvement
- College and Career Help
- Health and Fitness Opportunities
- Computers and Internet Access
- Sports and Indoor/Outdoor Games
- Dances, Trips and “Stuff”
- After-School Programs and Homework Help

We have teen centers and programs throughout the county. Transportation is available. Joining is easy and membership is FREE. You must be in the 7th through the 12th grades (12 to 18 years old) and a Fairfax County resident. To find a teen center near you or for more information, call 703-324-TEEN, TTY 703-222-9693.

Virginia Cooperative Extension Offers More Than Agricultural Programs

Our Cooperative Extension Office is truly rooted in the community. We offer educational programs at your workplace, schools, teen centers, community centers, and libraries throughout the county.

A few of our many offerings are:

- 4-H Youth Programs for boys and girls, ages 5-18.
- Master Gardening Program for individuals who are willing to educate other residents. Educational classes are offered through Plant Clinics held in various locations throughout the county from April through September.
- JUMP, a Juvenile Mentoring Program that helps shape the future of a child by providing one-to-one relationships between experienced adults and youth aged 10-14.
- Classes on food and nutrition, and health programs that emphasize appropriate and safe choices, encourage physical activity, and improve health literacy. For more information, call the Fairfax VCE office at 703-324-5369, TTY 703-222-9693.



Being 55 and Feeling 35

How to Safely Exceed the Age Limit

CRS stands for more than just “Can’t Remember Stuff.” Those of us at Community and Recreation Services think that having “Senior Moments” should be enjoyable. Visit our senior centers to find out why and see how you can safely exceed the age limit.

Community and Recreation Services’ Rules for Safely Exceeding the Age Limit

Be Spontaneous: Make an impromptu stop at one of our 14 senior centers.

Stay on the Move: Make a commitment to stay fit and sign up for one of our Health and Wellness programs. Learn Tai Chi, yoga or improve your dancing.

Expand Your Horizons: You are never too old to try something new. Take up a new hobby. Improve your gardening. Trace your family tree.

Take Up Surfing: On the Internet, that is. The ‘Net is a portal to a whole new virtual world. You can read the newspapers from around the world; make vacation plans; go shopping; send a message to your children or grandchildren; or just play games.

If You’re Single, Mingle: Our centers are places where you can meet new friends, learn new things, and enjoy yourself. At lunchtime, meals are available for a minimal fee (depending on income) and transportation may be available to the center located nearest your home. Call 703-324-5544, TTY 703-222-9693 to find a center near you.

Let Your Heart Sing By Volunteering!

Your time and commitment are special gifts that can be shared, and in the sharing, bring many special gifts back to you. Volunteering lets you follow your passion, be it helping kids, working with seniors, teaching an adult class or getting involved with individuals with disabilities. We need adult role models for our young people, field trip chaperones, and volunteers to coordinate and lead special events. You can give a few hours a month, a week or a day: It’s up to you. Join our chorus of singing hearts and see how

GIVING = GETTING³

1. Volunteering feels good,
2. Helps the people in your community, and
3. Makes a difference in people’s lives.

For more information about volunteering with CRS, call 703-324-4-FUN, TTY 703-222-9693.

